

Nisqually Elders menu (360)486-9546

Va & Titan, Cooks

\*menu subject to change\*  
Non-elder price \$4.00

# JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Tomato Soup & Tuna Sandwich	2 Pork Roast Sweet Potato Medley Roasted Cabbage Apple Sauce	3
4	5	6 Meatloaf Smashed Potatoes Steamed Veggies	7 German Sausage Warm Potato Salad Cucumber Salad	8 Garlic Parmesan Chicken Pasta Roasted Veggies	9 Beef Shish Kabab & Rice Distributing Spooner Berry Gift Cards	10
11	12	13 Cabbage Rolls Brown Rice Garlic Roasted Carrots	14 Pork Stew Mashed Potatoes Wheat Bread	15 Hot Beef Sandwich & French Fries	16 Oven BBQ Ribs Mac & Cheese Collard Greens Cornbread	17
18	19 Closed Juneteenth	20 Swedish Meatballs Buttered Noodles Veggie Blend Wheat Bread	21 Pulled Pork Sweet Potato Wedges Cole Slaw	22 Chicken Taco Casserole Mexican Rice Green Beans	23 Baked Sole Green Beans Brown Rice Pilaf	24
25	26	27 Yankee Pot Roast Mashed Potatoes Peas & Carrots	28 Poached Salmon Lemon Rice Roasted Veggies	29 Oven Ham Omelet Link Sausage Breakfast Potatoes Toast	30 Oven Fried Chicken Roasted Potatoes Veggies	